



OUR WELLNESS COLLECTIVE "HOW TO" TIPS

How To Access A Mental Health Care Plan for Mental Health Social Work

A Mental Health Care Plan is a free service provided by Medicare to support some of the costs that may be associated with seeing a Mental Health professional. It is a plan created with your GP to help you on your journey to improved mental health.

There are three steps you need to take to receive your plan:

1. Book a double appointment with your GP. This will cover the amount of time needed to create your plan with your doctor.
2. When you get to your appointment let your doctor know you're interested in creating a mental health plan. You will need to be prepared to explain, very generally, some of the ways you feel a mental health plan can support you.
3. Once your doctor creates your plan, they may ask you if you have a specific provider in mind. Here you can mention Our Wellness Collective if you plan to come and see one of our practitioners. While your GP may offer to forward your plan directly to your service provided, you may choose to take a copy of your plan. This is always a good idea, and we encourage you to email a copy of this ahead of your first appointment.

For More information on The Mental Health Care Plan, you can read

[Services Australia - Mental Health Care and Medicare](#)

[Better Access Initiative – Supporting Mental Health Care](#)

*PLEASE NOTE: Specific Item number codes apply for each Medicare Claim, your claim item numbers will be listed on your invoices and claim summary which you can obtain from our administrative team.